

Underweight Women (AK 11-USDA 101)

Explain to Participant

Pregnancy:

You're enrolled in the WIC program today because your prepregnancy weight is below what it should be. Women who are underweight before pregnancy tend to have very low weight babies and other problems during pregnancy including anemia, premature rupture of membranes and cesarean delivery.

Postpartum:

You're enrolled in the WIC program today because your weight for height after delivery is low. This may be a sign that your diet is not balanced and that you are not eating enough food to meet your body's energy needs. It may indicate poor energy body stores after pregnancy and poor maternal health or stress.

Goal

Pregnancy:

The goal is to improve your nutritional status and to gain 28-40 pounds during this pregnancy, which is the recommended weight gain for you, in order to increase your baby's weight at birth.

Postpartum:

The goal is to try to prevent weight loss and to replenish nutrients and energy body stores after delivery.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.

Explain the nutrition education material suggested.

Eat a variety of foods from all the food groups every day.

Drink 8 glasses of water every day.

Eat high calorie, health snacks such as peanut butter, cheese, whole milk and shakes.

If you are pregnant:

Take prenatal vitamins.

See your doctor regularly to monitor your pregnancy and baby's growth.

Nutrition Education
Material Suggested

Pregnant: Foundation for Fitness...for Your Special Delivery (Available in Spanish)

Postpartum: After You Deliver Health Tips for Moms, Food Guide Pyramid

Continues on Next Page

Underweight Women

AK 11-USDA 101

**Explain Applicable
WIC Foods**

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

**Explain What the
WIC Nutrients Can
Do for You!**

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with
More Information**

Pregnant: Eating for Two-Nutrition During Pregnancy (Available in Spanish)
Postpartum: Nutrition & Breastfeeding